



Fair-Fight Rules

"The goal isn't to win the argument — it's to win each other back."

The 10 Rules of a Fair Fight

Stay on Topic

Focus on the issue, not the person.

No Name-Calling or Sarcasm

Respect doesn't stop during disagreement.

Use "I" Statements

Say "I feel..." instead of "You always..."

Don't Interrupt

Listening is your turn to show love.

Take Breaks When Needed

It's okay to pause and calm down.

No Bringing Up Old History

The past isn't ammo; it's experience.

Don't Walk Out Without Resolution

Cooling off is fine; disappearing isn't.

Speak to Be Understood, Not to Win

Lower your tone, not your love.

Apologize Quickly

"I'm sorry" can save what "I'm right" could destroy.

Reconnect When It's Over

End with a hug, a prayer, or an affirmation.

The Fair-Fight Formula

"I feel _____ when _____ because _____. What I need is _____."

(Say it calmly, kindly, and without blame.)

Remember

"You can be right, or you can be in love. Choose love."